

# Virtual Meditation Groups Schedule

	Pacific	Mountain	Central	Eastern
Sunday	5:00am	6:00am	7:00am	8:00am
Sunday	8:00am	9:00am	10:00am	11:00am
Monday	4:00am	5:00am	6:00am	7:00am
Monday	7:00am	8:00am	9:00am	10:00am
Tuesday	3:30am	4:30am	5:30am	6:30am
Tuesday	7:00am	8:00am	9:00am	10:00am
Tuesday	4:20pm	5:20pm	6:20pm	7:20pm
Wednesday	4:00am	5:00am	6:00am	7:00am
Wednesday	7:00am	8:00am	9:00am	10:00am
Thursday	4:00am	5:00am	6:00am	7:00am
Thursday	7:00am	8:00am	9:00am	10:00am
Friday	4:30am	5:30am	6:30am	7:30am
Friday	7:30am	8:30am	9:30am	10:30am
Saturday	7:30am	8:30am	9:30am	10:30am